

What is claimed is:

1. A golf practice and exercise system, comprising a flexible, hollow uninflated practice ball and a target assembly against which the practice ball is propelled after being struck from a striking position a sufficient distance from the target assembly that
5 when the practice ball is struck by a golf club swung by a golfer it travels in a direction imposed by the golfer's swing, whereby the golfer can practice to control the travel of the practice ball and to develop golf swing strength.
2. A golf practice and exercise system according to claim 1 wherein the practice ball is generally spherical and made of a pliable material having a low coefficient of elastic restitution such that when struck the practice ball travels a short distance relative to
10 the striking force applied to it.
3. A golf practice and exercise system according to claim 1 wherein the practice ball approximates the size of a non-inflated soccer ball.
4. A golf practice and exercise system according to claim 1 wherein the target assembly
15 comprises a flat surface made of a sufficiently hard material such that the practice ball will rebound from the target assembly and travel back to approximately the striking position.
5. A golf practice and exercise system according to claim 1 wherein the target assembly includes an energy absorbing surface surrounded by and attached to a rigid frame, the
20 rigid frame being maintained in proper spatial orientation by a frame support structure.
6. A golf practice and exercise system according to claim 5 wherein the energy absorbing surface is a mesh netting having a front surface and a back surface.
7. A golf practice and exercise system according to claim 6 wherein the netting is
25 adjustably connected to the rigid frame by a plurality of adjustable fasteners.

8. A golf practice and exercise system according to claim 7 wherein the netting is surrounded by and affixed to a strip of material, the strip of material suitable for attaching the adjustable fasteners.
9. A golf practice and exercise system according to claim 6 characterized further by a ball return panel extending horizontally across a lower portion of the back surface of the netting.
10. A golf practice and exercise system according to claim 9 wherein the ball return panel is angled upwardly and rearwardly to engage the practice ball moving downwardly along the front surface of the netting to direct return of the practice ball to approximately the striking position.
11. A golf practice and exercise system according to claim 6 wherein the frame support structure includes a base on which is supported the rigid frame, the base being of sufficient extent to maintain the rigid frame in the proper spatial orientation.
12. A golf practice and exercise system according to claim 6 wherein the frame support structure includes at least two triangular support structures, the triangular support structure being integral to vertical sides of the rigid frame, each triangular support structure having two angle members and a horizontal member, each member connected to the other two members at apexes.
13. A golf practice and exercise system according to claim 12 characterized further by a ball return panel extending horizontally across a lower portion of the back surface of the netting, portions of the ball return panel being attached to portions of the triangular support structure.
14. A golf practice and exercise system according to claim 13 wherein the ball return panel is angled upwardly and rearwardly to engage the practice ball moving

downwardly along the front surface of the netting to direct return of the practice ball to approximately the striking position.

15. A golf practice and exercise system according to claim 7 wherein the adjustable fasteners are S-hooks.
- 5 16. A golf practice and exercise system according to claim 7 wherein the adjustable fasteners are elongated clips.
17. A golf practice and exercise system according to claim 7 wherein the adjustable fasteners are links of a chain.
18. A golf practice and exercise system according to claim 1 characterized further by a golf club
19. A golf practice and exercise system according to claim 18 wherein the golf club is a conventional golf club.
20. A golf practice and exercise system according to claim 18 wherein the golf club is a practice golf club having a substantially oversized club head.
- 15 21. A golf practice and exercise system according to claim 20 wherein the oversized club head has a top edge and a sole, the sole being generally rounded.
22. A golf practice and exercise system according to claim 20 characterized further by the club head having a front and a back and a weight attachable across the back of the club head to selectively weight the club head.
- 20 23. A golf practice and exercise system according to claim 22 wherein the weight comprises a plurality of elements selectively combined for selective weighting of the club head.
24. A golf practice and exercise system according to claim 23 wherein the elements are individual plates.

25. A golf practice and exercise system according to claim 20 characterized further by a lower portion of the club head having an extended horizontal recess formed therein for receipt and attachment of selected elements for selectively weighting the club head.
- 5 26. A golf practice and exercise system according to claim 25 wherein the elements are individual disks.
27. A golf practice and exercise system according to claim 20 characterized further by the practice golf club having a shaft with a grip having a plurality of alternating annular ridges and recesses to provide a secure grip for the golfer.
- 10 28. A golf practice and exercise system according to claim 20 wherein the oversized club head has a peripheral rim defining a large opening through the club head to reduce resistance of the club head when the club is swung.
- 15 29. A golf practice and exercise system according to claim 28 characterized further by a lower portion of the club head rim having an extended horizontal recess formed therein for receipt and attachment of selected elements for selectively weighting the club head.
30. A golf practice and exercise system according to claim 29 wherein the elements are individual disks.
- 20 31. A golf practice and exercise system according to claim 28 characterized further by the practice golf club having a shaft with a grip having a plurality of alternating annular ridges and recesses to provide a secure grip for the golfer.
32. A practice golf club comprising a substantially oversized club head having a sole, a shaft attached to the club head and a grip surrounding the end of the shaft opposite the club head.

33. A practice golf club according to claim 32 wherein the oversized club head sole is generally rounded.
34. A practice golf club according to claim 32 characterized further the club head having a front and a back and a weight attachable across the back of the club head to selectively weight the club head.
35. A practice golf club according to claim 34 wherein the weight comprises a plurality of elements selectively combined for selective weighting of the club head.
36. A practice golf club according to claim 35 wherein the elements are individual plates.
37. A practice golf club according to claim 32 characterized further by a lower portion of the club head having an extended horizontal recess formed therein for receipt and attachment of selected elements for selectively adjusting the weight of the club head.
38. A practice golf club according to claim 37 wherein the elements are individual disks.
39. A practice golf club according to claim 32 characterized further by the grip having a plurality of alternating annular ridges and recesses to provide a secure grip for the golfer.
40. A practice golf club according to claim 32 wherein the oversized club head has a peripheral rim defining a large opening through the club head to reduce resistance of the club head when the club is swung.
41. A practice golf club according to claim 40 characterized further by a lower portion of the club head rim having an extended horizontal recess formed therein for receipt and attachment of selected elements for selectively weighting the club head.
42. A practice golf club according to claim 41 wherein the elements are individual disks.
43. A practice golf club according to claim 40 characterized further by the grip having a plurality of alternating annular ridges and recesses to provide a secure grip for the golfer.

44. A grip for a golf club shaft comprising a plurality of alternating annular ridges and recesses to provide a secure grip for a golfer.